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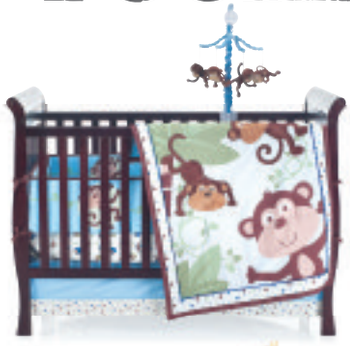

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Roughriders meet on their mats

Football team's latest recruit is a yoga teacher — Matt Yausie, a former defensive back for the University of Saskatchewan Huskies and University of Regina Rams PAGE 3

GOODBYE TO GOSSIP GIRL

BLAKE LIVELY SAYS SHE IS READY TO MOVE ON IN HER CAREER PAGE 13

REGIONAL metro®

Thursday, May 31, 2012

News worth sharing.

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Luka Rocco Magnotta is shown in a photo from the website luka-magnotta.com. Magnotta is wanted in the shocking case of a dismembered body whose parts were mailed to different places, including the headquarters of the Conservative Party of Canada. LUKA-MAGNOTTA.COM/THE CANADIAN PRESS

Porn actor sought over body parts

Caution: Graphic content. Cops reveal details of grisly video allegedly depicting killing and dismemberment

JOE LOFARO
Metro in Ottawa

Police are looking for a low-budget porn star wanted in a shocking homicide that came to light Tuesday when a severed foot was mailed to Tory party headquarters in Ottawa.

On Wednesday, Montreal police issued a Canada-wide arrest warrant for Luka Rocco Magnotta, 29, believed to originally be from Toronto.

He's connected to the discovery of a human torso in Montreal and mailed body parts found in Ottawa Tuesday.

Before the severed remains were discovered, someone posted a video online, purporting to show a young man being stabbed with an ice pick. While the victim lay naked, the killer then dismembered the corpse and committed sexual and cannibalistic acts on it.

The video is now being reviewed by Montreal police, who are investigating a case that has shocked the country.

Magnotta, who police say also goes by the names Eric Clinton Newman and Vladimir Romanov, is described as white and five feet 10 inches tall, weighing 134 pounds and having blue eyes and black hair.

His multiple identities were confusing enough that police had to issue a second press release Wednesday after originally identifying him as "Rocco Luka."

Police said Magnotta has no criminal record.

Following the grisly discovery at the Conservative Party of Canada's headquarters, Ottawa police intercepted a package containing a hand on Tuesday evening at Canada Post's main terminal in Ottawa. That package was destined for the Liberal Party of Canada, Montreal police said.

Both packages were mailed to Ottawa from Montreal and police believe the body parts all belonged to the same male victim, though they are waiting for the results of DNA tests.

WITH FILES FROM THE CANADIAN PRESS

MORE COVERAGE, PAGE 6

Follow Joe Lofaro on Twitter @giuseppelo

Facebook allegations

Man accused of killing kittens

Long before a Canada-wide arrest warrant was issued for Luka Rocco Magnotta, a Facebook group lobbied to have a man by the same name arrested for allegedly killing kittens.

The "Find the Kitten Vacuumer ... For Great Justice" group was created in response to a video that allegedly shows a kitten being killed in a vacuum-sealed bag.

Metro cannot confirm that the videos are connected to Magnotta.

On luka-magnotta.com an article says Magnotta has been the victim of cyberstalking and untrue allegations.

A member of the kitten group posted a statement on the Facebook page Wednesday after learning about human remains found in Ottawa and Montreal.

"Members of this group have spent over a year searching for this individual, who we believe is also responsible for several videos where animals were killed," the statement read. JOE LOFARO/METRO IN OTTAWA

Depression a surprise

Family of Alberta woman, found dead in a ditch with her husband and son, was unaware of her spouse's mental-health issues PAGE 6

Stranded in Regina

Actor Christian Slater will reportedly shoot his latest film Stranded — a new science-fiction thriller — in Regina PAGE 12

2012 Grey Cup kickoff

Canadian Football League paid an early tribute Wednesday to the Grey Cup's 100th anniversary, 180 days before the showdown PAGE 20

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Improvements

IMAX theatre receives $100K in funding from city

City council has provided the Kramer IMAX theatre with $100,000 towards previously installed improvements to its 3-D projectors and screens.

The funding is conditional on the provincial government matching the city's contribution.

Mysteriously, an anonymous "private entity" will match any contributions made by the public sector dollar-for-dollar, bringing the potential total funding for the improvements to $400,000. METRO

Public consultation

Vote delayed to decide takeover of Evraz Place

City council has delayed a vote regarding a city takeover of the Regina Exhibition Association Limited (REAL), the group that currently operates Evraz Place. The vote was delayed so that the city could consult the public further and REAL could consult Evraz employees.

The takeover, which was recommended by REAL management and city administrators, would see Evraz Place fall under the direction of the city.

City officials claim that planned events on Evraz grounds would not be affected by the takeover.

METRO

Rick Hansen Playground

Repairs to begin on playground damaged in fire

On Friday, work will start at the Rick Hansen Playground to repair equipment that was damaged by fire in August of last year.

Crews will be using heavy equipment, so for safety reasons the playground and spray pad will be closed.

The repairs are expected to be completed by the end of June, weather permitting.

METRO

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Saskatchewan Roughriders Weston Dressler, front, Jordan Sisco, centre, and Chris Getzlaf practise their yoga techniques with the CFL team's first-ever yoga instructor Matt Yausie, not pictured, in Regina this spring. CONTRIBUTED/MATT YAUSIE

Riders got the moves like yoga

Creating unity. For the first time ever, organization brings yoga instructor aboard

DORIAN GEIGER
Metro in Saskatoon

The Saskatchewan Roughriders have rolled out the welcome mat to the team's newest recruit.

Not a quarterback, a defensive lineman or a coach, Saskatoon's Matt Yausie is the Riders' first-ever official yoga instructor.

An ideal candidate, Yausie, 28, is a former defensive back for the University of Saskatchewan Huskies and University of Regina Rams and is currently a yoga instructor at Level 10 Fitness in Regina. Yausie was a Huskie when the team made its last Vanier Cup appearance in 2006.

Yoga was introduced to Yausie in university. After years of sustaining and exacting bone-crushing tackles at a university level, Yausie's body began to feel the strain. Yoga was his solution.

"I was in it for the physical benefits to try and make myself a little more flexible," said Yausie. "I was getting pretty banged up. I had a lot of hip and groin injuries that were kind of compounded with scar tissue building up, so yoga was a nice relief."

Yausie strives to improve mental clarity, range of motion, flexibility and injury prevention in his football clients.

In contrasting the aggressive, brutal nature of football with the tranquil, holistic practice of yoga, it may seem difficult to draw comparisons between the two. However, Yausie said football and yoga go hand-in-hand.

"They're very similar in a sense that they create unity. A football team is a pretty dynamic group of individuals all working together as one. Within the yoga community, the yoga studio or people that practise yoga, they're creating a unity within themselves when they practise."

Roughriders tickets

- The Roughriders are reminding fans that single game-day tickets will go on sale Friday.
- All remaining tickets for the 2012 season will be available for purchase starting at 9 a.m.
- You can buy tickets online at riderville.com.

Dressler, Getzlaf stretch for competitive edge

The Saskatchewan Roughriders' Weston Dressler and Chris Getzlaf are stretching the boundaries of what it means to be a CFL receiver.

From yoga's ancient origins in India to the plains of Saskatchewan, Dressler and Getzlaf are connecting the body and mind, establishing yoga as a mainstay in the Riders dressing room.

"It's important for your flexibility, improving your range of motion, and preventing injuries," said Dressler, who has 23 CFL career touchdowns.

Riders slotback Getzlaf is also praising yoga. It is new to Getzlaf, who amassed 1,071 yards in receiving for Saskatchewan in 2011.

"Yoga offers a lot of flexibility and strength that you normally don't get from your other exercises, so it's really nice to have and help make your body durable," said Getzlaf.

The potential doesn't end within the realm of football and yoga's popularity has extended into other mainstream sports. Getzlaf said he will be recommending yoga to his younger brother Ryan, a centre with the NHL's Anaheim Ducks.

"I will try to get him into it," he joked.

Riders yoga instructor Matt Yausie agreed and said that national-level teams like Canada's women's soccer team and professional football teams in the United States have already hopped on board.

"The holistic benefits go a long way for athletes. It's becoming mainstream. With athletes and professional teams, yoga is becoming part of their training regiment."

DORIAN GEIGER/METRO

Quoted

"The holistic benefits go a long way for athletes. It's becoming mainstream. With athletes and professional teams, yoga is becoming part of their training regiment."

Matt Yausie, Riders yoga instructor

1 NEWS

On the web

Facebook CEO going through money woes?

It's not just Facebook's stocks that are going through some tough times these days. Facebook CEO Mark Zuckerberg was caught on camera dumbfounded after unsuccessfully trying to withdraw money from an ATM. Watch the clip online at metronews.ca.

Cannibal victim faces a tough future

The gory nature of the recent face-mauling attack in Miami has shocked members of the city's police force. With a motive for the assault still unclear, doctors say the victim faces a long, painful recovery. See the video update at metronews.ca.

Mobile news

Computer technicians battling to contain a complex virus last month resorted to the ultimate firewall measures — cutting off Internet links to Iran's Oil Ministry. Scan the code to read more about what officials did to stamp out the Flame virus.

Federal bureaucracy

Wall fears streamlined environmental reviews could be slowed down

Saskatchewan's premier is worried that Ottawa's plan to streamline environmental-assessment rules for big projects will be eroded by unnecessary bureaucracy.

The changes set time limits for reviews, allow Ottawa to hand off assessments to provinces and call for three agencies to do the reviews — down from 40 government departments that can be involved now.

Premier Brad Wall backs the principle, but says he's concerned about the implementation.

He says early indications are the provinces and federal government will have to do an assessment on who should do each assessment.

He says that's unnecessarily bureaucratic and that there should be broad agreements in advance on who will do assessments in specific areas.

THE CANADIAN PRESS

Canker-worm spray underway in city

Bug off. City asking residents to give crews space to blast pests

JEFF MACKEY
jeff.mackey@metronews.ca

Canker worms have long been the scourge of Regina trees, but residents and trees alike may get some respite this summer as canker-worm infestation is forecast to be milder than average this season.

"Overall we are expecting less problems with canker worms this year than in previous years," said Wade Morrow, the city's supervisor of pest management. "We are not seeing as many and that is partly because of the rains we have seen in the last few days.

"Canker worms have been a high priority for the city.... They are an inconvenience and a nuisance, (and) they leave a mess," said Morrow.

"It makes the trees more susceptible to other diseases such as Dutch elm disease."

Pest-control crews are still spraying trees across the city and residents are asked to give them some space.

"There is some mist (from the spraying trucks). We want a mist to be able to cover the trees, so yes, stay away from the crews. When we are coming through an area, keep your cars off the streets (and) give the crews a bit of room," said Morrow.

That said, the city stands by the bacteria-based spray that it uses and says it is not a public health risk.

"That is something that we believe in, if we can use something that gets the same results but with a less toxic product," said Morrow. "We are not going to hurt the other beneficial organisms and insects out there.

"The product that we are using ... coats the leaf surface. As the canker worms ingest some of the leaf surface they ingest some of the BT that is on the leaves, and that upsets the chemistry of their stomach," Morrow explained.

Morrow also wants residents to know that tree bands put up in March can come down now.

"By this time of year, with all the rain we have been having, the bands have done their job and you can take those bands off," said Morrow. "But keep the insulation handy, you are going to need it again in September."

Follow Jeff Mackey on Twitter @MetroJeffMackey

Pest-control crews, such as this one operating on Wednesday, will be around the city spraying for canker worms in coming days and weeks. Residents are being asked to give them some space. JEFF MACKEY/METRO

Bacteria-based product

The bacteria-based spray the city uses to control canker worms is called Bacillus thuringiensis, subspecies kurstaki (Btk). According to Health Canada:

- Btk poses little threat to human health, either through handling products directly or through indirect exposure such as during a spray program.
- Btk toxins can only be activated when alkaline conditions that exist in certain insects' digestive systems are present.
- It is a naturally occurring, widely distributed organism that the average person would have multiple exposures to throughout their lifetime, even if they never came in contact with a formulated product.

Police want you back in RID program

Chief Troy Hagen announces the launch of the RID program, to help prevent drunk driving, in September 2010. CONTRIBUTED/REGINA POLICE SERVICE

By the numbers

- In 2011, police received 1,528 RID phone calls, which resulted in 716 RID letters being sent to registered owners of reported vehicles.
- There were 129 instances of drivers being intercepted by police.
- Of those interceptions, 88 resulted in impaired charges and 76 other charges.
- That's a total of 164 charges as a result of RID calls.

After a decline in participation, the Regina police are reminding the public of their Report Impaired Drivers program (RID).

Elizabeth Popowitch, the press liaison for Regina Police Services, said that numbers were presented at the police commissioner's meeting on Wednesday morning that showed a decline in calls being received through the RID program in the first four months of 2012.

"We wanted to send out a reminder to people that the program is there and that it can have an effect on the number of impaired drivers out there."

The program was established in September of 2010, and asks the public to call 911 if they spot an impaired driver.

In 2011, RID calls resulted in a total of 164 charges against impaired drivers. Popowitch said that given the results of the program — more impaired drivers in the court system — the program has had an effect.

"It doesn't require a great deal of anyone's time or effort to pull to the side of the road and make a phone call, so we think that for the energy expended in making the call, it's pretty effective when you look at the benefit."

Popowitch said that as the summer months approach, when people are more likely to be "out and about," the program is not only a tool for other drivers, but a message to those who may drink and drive. "There are lots of eyes and ears out there that are willing to help us. There's a good chance that they may be apprehended if they choose to drink and drive."

A recent report by Mothers Against Drunk Driving singled out Saskatchewan as having the worst drunk-driving record in the country, and for doing little about it.

The group's 2012 Provincial and Territorial Legislative Review, completed in March, reports Saskatchewan's impaired-driving death rate at 8.44 per 100,000 population in 2009 (the last year for which comprehensive data is available). This was more than double the national average of 3.18. CARRIE-MAY SIGGINS/METRO

New nurses. Grads are staying in Saskatchewan

Echoing census data released Tuesday, more Saskatchewan nurses are approaching the age of retirement, but the number of younger nurses in the province is also increasing.

"Less than 10 per cent of new nurses are taking jobs in Alberta," said chief nursing officer Lynn Digney-Davis. "Ninety to 95 per cent of recent graduates are staying in Saskatchewan."

The new two-year tripartite collective agreement between the Saskatchewan Union of Nurses (SUN), the Ministry of Health and the Regional Health Authorities builds upon a 2008 partnership between SUN and the ministry, which focused on retaining and recruiting new nurses.

Digney-Davis called the original partnership a "major success," saying that over 900 nurses were hired over a four-year period.

But when it comes to the increasing number of nurses who are eligible for retirement every year, Digney-Davis said that the government is worried. "We have risk, there's no doubt about it. And it's so hard to predict because (retirement) is so personal," she said.

Quoted

"Less than 10 per cent of new nurses are taking jobs in Alberta. Ninety to 95 per cent of recent graduates are staying in Saskatchewan."

Chief nursing officer Lynn Digney-Davis

The Saskatchewan Registered Nurses Association (SRNA) reports that while the number of RNs 55 and older continues to increase, that number has been matched by an equivalent increase in those 35 and under.

SRNA data show that in 2011 the total number registered nurses in Saskatchewan was 10,504, and that 1,400 of those were ages 25 to 29. "That is positive news," said SRNA executive director Karen Eisler "The future does look good."

Citing statistics from the SRNA's annual report for 2011, Eisler said 71 per cent of nurses in the 55-and-older age group do not plan to retire in the next two years. "We have been able to repatriate nurses from other areas, mostly due to the boom. The expanding number of educational programs has helped as well." JANE CAULFIELD/METRO

Mosaic Festival brings the world to Regina

Growing event. Over 220,000 visitors expected at this weekend's event

CARRIE-MAY SIGGINS
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It started in 1967 as a tiny concert in the park. Over the years, food boutiques were added to the small gathering until the Mosaic Festival grew into what it is today — one of the best-attended cultural events in the province.

Over 220,000 people visited Mosaic last year, and organizers expect a similar turnout this weekend. There are 19 pavilions this year, including Balaton Hungarian, both Kyiv and Poltava Ukrainian, Indian, Irish and Caribbean. Each pavilion will feature the national food and live entertainment of the respective country.

Terry Zwarych is co-chair of the event. He says the motivation behind the event is the same today as it was 45 years ago — to bring different cultures together and introduce Saskatchewan to new ones.

The Mosaic Festival celebrates its 45th anniversary this year. The 2012 event will host 19 pavilions city-wide. CONTRIBUTED/REGINA MULTICULTURAL SOCIETY

One of the changes to the province over those 45 years is an increase in the number of immigrants to the province, and Zwarych says that influx has strengthened the festival.

"We've seen new organizations come and absolutely the growth is in part because of all of the new people," says Zwarych. "Not just immigrants but people coming back to Saskatchewan. They are volunteering their time to show off their culture."

The numbers of volunteers at each pavilion can range from 60 to 700, depending on need. And Zwarych says that the festival is entirely dependent on them. "It's a testament to the people who are showing off their culture; they're proud to do it. It's a testament to the volunteers. It's not just these three days but Mosaic starts planning in January of every year. Without them it just wouldn't happen."

Festival details

- For many of the cultural centres hosting a pavilion, the Mosaic Festival is the main fundraising event of the year. The funds raised during the weekend help support many centres through the year, says Zwarych. "It's a huge thing for a lot of pavilions."
- Visitors can pick up a passport to the event, which will let them into each pavilion, for $14 at any pavilion and at the Cornwall Centre. There is free bus transportation provided by the festival that runs every half hour beginning at 5 p.m. on Thursday and 2 p.m. on Saturday.

Shock for PM's top aide

A grisly find. Tory staffer Jenni Byrne accepts a mystery delivery, opens it ... and unveils an incredible crime

It was a moment Jenni Byrne will never forget.

One of Prime Minister Stephen Harper's most senior staffers, she was handed a suspicious-looking package when it arrived at Conservative party headquarters just blocks from Parliament Hill.

Byrne warily examined the bloodstained box.

She opened it — and a foul, "horrible" odour escaped and overcame the office.

Inside, was a human foot.

And so began one of the most disturbing police investigations ever.

For after that shock for Byrne on Tuesday, Ottawa police, in a nightlong investigation, found a hand at a Canada Post mail facility in the east end of the city.

"I'm fine," Byrne — the national campaign manager for the 2011 general election — said Wednesday as new details emerged about a crime that has horrified the capital.

Police said both packages were mailed from Montreal.

There, police had been grappling with a grisly find of their own — a human torso found stuffed into a suitcase.

They named a suspect in the case Wednesday afternoon and said all the body parts are from the same victim.

On Parliament Hill, rattled political staffers were keeping a close eye on the mail.

"Our sympathies go out to the staff at the Conservative offices who opened the package," said New Democrat MP Randall Garrison.

"Our thoughts are also with Canada Post employees who had to deal with the second package containing human remains.

"They were both victims of an outrageous and reprehensible act."

Interim Liberal leader Bob Rae said there is more to the incidents than just their bizarre nature. "Behind it is a human tragedy," Rae said.

But it could also be a reflection on the times, said New Democrat MP Yvon Godin.

"It could be just one crazy person that did it, but at the same time we have lots of people unhappy in our country, the way the country is going," he said.

THE CANADIAN PRESS

Poop, pentagrams

MPs' mail has the stamp of hate

From poop to hate mail, MPs get alarming items delivered to their offices.

"I think human waste ... a few years ago when I was in opposition," Immigration Minister Jason Kenney said Wednesday when asked about his weirdest piece of mail.

"I remember we also got some weird, kooky craft, art thing with anti-Christ images and pentagrams."

Liberal MP Denis Coderre said he received feces in the mail. He also was sent flour, "to try to make me think it was some other substance."

THE CANADIAN PRESS

Top Conservative party staffer Jenni Byrne, pictured Wednesday, opened a package that contained a human foot. ADRIAN WYLD/THE CANADIAN PRESS

Murder-suicide

Wife's family unaware of husband's depression

Family members of an Airdrie, Alta., woman found dead in a ditch in Saskatchewan Monday had no idea her husband had been suffering from depression, a pastor says.

Hayley Wourms, 23, husband Darren Wourms and their two-year-old son Cayden were all found dead near St. Walburg, Sask.

A .22-calibre rifle was also found at the scene of what is presumed a murder-suicide.

Darren Wourms' parents indicated Tuesday they'd noticed their son's mental health deteriorating within the last five months.

This revelation came as a shock to Hayley's parents, according to pastor and family friend Linda Tomlinson-Seebach.

"They had absolutely no idea," she said.

"They are learning all kinds of things that they were not aware. That's … a double blow for them."

JEREMY NOLAIS/METRO

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Suspect in murder case killed in B.C. shootout

Confrontation.
Man wanted in two shooting incidents taken down by police only hours after warning was issued

Angus David Mitchell is shown in a police handout photo.
THE CANADIAN PRESS

An armed man suspected in a double murder and an attempted murder in Burnaby, B.C., has been killed in a shootout with police.

RCMP caught up with 26-year-old Angus David Mitchell in Maple Ridge, B.C., on Wednesday, about three hours after issuing a public warning about him.

Supt. Dave Walsh said Mitchell was shot in a confrontation with emergency-response team officers in a rural area.

Police were called after reports that someone had seen a van believed to be owned by Mitchell.

RCMP said he was a suspect in the deaths of a man and woman who'd been gunned down in a restaurant on Sunday and in the shooting and wounding of his former landlord on Tuesday.

Police said Mitchell had been evicted from his home six months ago, around the time he came to legally posses a hunting rifle.

Sgt. Jennifer Pound of the Integrated Homicide Investigation Team couldn't say if there was a relationship between Mitchell and the deaths of two people in the restaurant.

Pound said there are several factors that appear to link the two crimes, including a similar weapon, but forensics experts need to confirm that.

Insp. Tim Shields said Mitchell wasn't known to police, although officers had once been called to a complaint involving him.

"He has come up on police radar in the past, but that said, he is not known to police, he has not been charged with any criminal offence in the past."

Mitchell also had some conflict with former employers and co-workers, and Shields said police warned them Wednesday morning to be on the lookout for the armed and unstable man.

He said Mounties warned people who had previous contact with Mitchell "to make themselves difficult to locate."

THE CANADIAN PRESS

Drawing on a sense of humour

Jim Unger, the artist behind the syndicated cartoon strip Herman, has died at 75. Born in London, England, Unger immigrated in 1968 to Canada, where his cartooning career began at the Mississauga Times in Mississauga, Ont. Herman became a syndicated cartoon in 1974, eventually appearing in newspapers around the world. Unger twice won the National Cartoonist Society's award for best syndicated panel.

THE CANADIAN PRESS

Downpour

Artworks damaged in Montreal storm

Hundreds of works of rare art have been damaged at Montreal's museum of contemporary art by heavy rains that flooded buildings and overwhelmed the city's aging infrastructure on Tuesday. The museum's director said the extent and cost of the damages are still being assessed, but many of the works can be repaired.

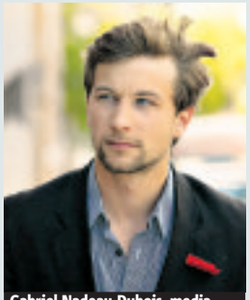
THE CANADIAN PRESS

Discussions

Quebec tuition proposal rejected

One offer has already been rejected as the Quebec government and student leaders try to hammer out an elusive deal to end a four-month dispute. An offer to cut the proposed tuition-fee increase by $35 was dismissed unanimously in talks Tuesday night, said two of the heads of students groups involved in the talks.

THE CANADIAN PRESS


Gabriel Nadeau-Dubois, media spokesperson for student group CLASSE. THE CANADIAN PRESS

Departure

Calgary Tory MP steps down

Calgary MP Lee Richardson, whose political connections to Ottawa extend back four decades, is quitting the House of Commons to work for Alberta Premier Alison Redford.

The veteran politician took his gracious leave of the Commons on Wednesday. He will become Redford's principal secretary.

THE CANADIAN PRESS

Whistleblower case

Journalist charged in Israel

Israel's attorney general has announced the indictment of a journalist who reported on classified documents provided by a military whistleblower. Officials said Uri Blau, a reporter for the Haaretz daily, is charged with unauthorized possession of state secrets. The maximum sentence is seven years. THE ASSOCIATED PRESS

Villagers killed

UN council to meet on Syria massacre

A UN body will hold a special session Friday on the deteriorating situation in Syria and last week's massacre of more than 100 Syrian villagers.

The UN Human Rights Council said Wednesday its special session will address the massacre in Houla, Syria, which drew international condemnation and prompted the U.S. and at least a dozen other nations to expel Syrian diplomats.

The massacre has provoked strong global condemnation, but it is unlikely to trigger a military assault similar to last year's NATO-led campaign in Libya to oust Moammar Gadhafi.

A total of 51 nations — including France, Germany, Britain, Bahrain and the United Arab Emirates — signed their support for the session. THE ASSOCIATED PRESS

Killing of 18 protesters

Egyptian cop gets five years

A court has convicted a policeman on charges of killing protesters during last year's uprising and sentenced him to five years in prison.

Mohammed el-Sunni was charged with taking part in the killing of 18 protesters in Cairo during the uprising that toppled dictator Hosni Mubarak. THE ASSOCIATED PRESS

Italy to rebuild area hit by second deadly quake

A woman rides her bike amid debris in Cavezzo, northern Italy, Wednesday. A quake struck the same area on May 20. LUCA BRUNO/THE ASSOCIATED PRESS

Emilia Romagna region. Towns of Mirandola, Medolla and Cavezzo closest to epicentre

Italian rescue workers removed the last earthquake victim from the rubble Wednesday, bringing the death toll to 17 as the government approved measures to rebuild the quake-hit area.

It's an area that is very crucial to Italy's economic health.

The magnitude-5.8 tremor north of Bologna on Tuesday felled old buildings and new factories and warehouses alike, many of them already weakened by a stronger quake May 20 that measured magnitude-6 and killed seven people.

In both quakes, the dead were disproportionately workers toiling in factories, leading to some questions about Italy's building codes or possible corruption.

"I remember with sorrow the deaths in Emilia, who died while working, mostly workers but also entrepreneurs," said Interior Minister Anna Maria Cancellieri.

Prime Minister Mario Monti has promised the government will do whatever is necessary to rebuild the region.

On Wednesday, the government approved measures, including raising the price of gas by .02 cents US a litre, to begin the reconstruction of homes, businesses and historic structures, including many churches, in the stricken area.

Crews on Wednesday pulled the last body from the rubble of a factory in the town of Medolla.

Three others also died in the structure. Civil Protection authorities in Rome say no one else is missing. The quake also injured 350.

Many people spent the night in tent camps. THE ASSOCIATED PRESS

Ferraris and Parmesan

The quake-stricken area encompassing the northern cities of Modena, Mantua and Bologna is prized for its super car production, churning out Ferraris, Maseratis and Lamborghinis; its world-famous Parmesan cheese; and less well-known but critical to the economy — its machinery companies.

- Counsellors were on hand to help rattled residents who have lived through two terrifying quakes in two weeks in an area not quake-prone.

Taylor handed 50 years in prison

Court ruling. Amputees in Sierra Leone rejoice at ex-warlord's sentencing

Amputees still struggling to lead normal lives years after being mutilated by rebels in Sierra Leone hailed the decision at The Hague on Wednesday to sentence the man who backed those rebels, ex-Liberian president Charles Taylor, to 50 years in prison.

In a landmark ruling by the Special Court on Sierra Leone last month, Taylor became the first former head of state since the aftermath of World War II to be convicted. The 64-year-old Taylor was found guilty on 11 counts of aiding and abetting the Revolutionary United Front rebels in Sierra Leone, who murdered and mutilated tens of thousands of people during this country's 11-year brutal civil war which ended in 2002.

People maimed in the war gathered in the Sierra Leonean capital Wednesday to watch the proceedings of the Taylor trial via a live feed from The Hague, and rejoiced when judges in The Netherlands announced the 50-year sentence.

"That makes me the happiest person on Earth," said Alimami Kanu, whose right hand was hacked off by the RUF when he was 11 years old.

Siah Lebby, whose left leg was butchered by the rebels, said the tough sentence sends a strong signal. "After they have seen, they have seen what happened, all the people who want to do bad things again will be afraid."

THE ASSOCIATED PRESS

Justice

Liberians observe judgement

Taylor is an ex-warlord whose rebel forces invaded Liberia in 1989, marking the start of that country's vicious civil war. He eventually ran and was elected president, before being forced out by another rebel group. In Liberia, which shares a border with Sierra Leone, the irony has always been that Taylor is being tried for crimes he aided and abetted, rather than the ones that he is accused of directly carrying out in his own country.

In the Liberian capital of Monrovia, Suzanah Vaye watched the proceedings and hailed the sentence. Her husband was killed during the last days of Taylor's government in 2003. He was last seen in the hands of the ex-president's security force.

"Today, I join Sierra Leoneans in saying this should be a lesson to people that God has his own way of bringing judgment," Vaye said.

Former Liberian president Charles Taylor waits for the start of his sentencing judgement in the courtroom of the Special Court for Sierra Leone in Leidschendam, Netherlands, on Wednesday. TOUSSAINT KLUITERS/THE ASSOCIATED PRESS

LEYMAH GBOWEE

Who said sex and politics don't mix? Led by Leymah Gbowee, a young mother, Liberian women went on a sex strike to end the country's brutal civil war. They were successful. Last year Gbowee won a Nobel Peace Prize for her campaign.

USING SEX AS A WEAPON

Leyma Gbowee calls herself an ordinary Liberian mother of six. But without her mass women's movement, Liberia's civil war would still be raging. Gbowee's "peace warriors" have given African women a higher profile, too — and Liberia's president is now a woman. But with the exception of former president Charles Taylor, Liberia's warlords remain free.

Charles Taylor is the first-ever head of state to be convicted by the International Criminal Court. Do you feel vindicated?
When someone has been terrorizing communities, and your community has been violated, of course you're relieved he has been convicted. It doesn't matter that Taylor has been convicted for war crimes he committed in Sierra Leone, not Liberia. We've waited for a long time, so we're happy. There's a sense that justice has finally been served, and that Taylor will pay for his crime.

Are sex strikes an effective strategy to end wars?
They're effective in the sense that they get people's attention. Sex is an exotic thing, and many people would say it's a taboo subject. But when someone dares to bring it to the attention of the public, it has two results. People start saying, "Who's this person doing this?" and they start asking why the person is using sex to highlight an issue. And it gets men thinking. There are a lot of good men out there! The percentage of men who wage war is very small. Good men outnumber evil men, but why are they silent? Our strategy helps the good men because it gives them a reason to take action.

So it's not the sex strike per se, but the support it gives good men, that makes it an effective strategy?
Yes. Every man is interested in the act of sex. We withheld sex from our spouses to get attention, and our husbands obviously noticed. We said, "We need you to take a stand." And they did.

How many other alleged Liberian war criminals are there who should also face justice?
That's the biggest debate in Liberia right now. Since Taylor's conviction there has been a lot of discussion about the role former warlords still play in Liberia. In the case of Prince Johnson, people are saying that he, too, should be brought to justice. We need to start the conversation about people's role in the Liberian civil war and what should be done with them.

Prince Johnson has since become a member of parliament in Liberia.
The difference in African politics versus politics in the West is that people tend to rally around their identity. Liberia is no exception. Some people, including myself, don't want a person who committed some of the worst atrocities in our civil war as a member of parliament, but if you ask the people of his tribe, they see him as a hero.

Madeleine Albright likes to say that the world wouldn't be a better place if women were in charge — it would be like high school all over again. Do you agree?
It would be a much better place than it is now. Are all men bad? No. But I think when it comes to world politics, women bring something uniquely different to the table. Men often have values and principles, but politics tends to override them. Politics isn't a popularity contest; it's about achieving lasting changes. That's what women are good at.

The Nobel Peace Prize can be a blessing — as in the case of Mother Theresa — or a curse. Which has it been for you?
For me it's a gift from God. I come from a very humble background, and I'd never have thought that something like this could come my way. I can never refer to any gift from God as a curse.

ELISABETH BRAW/METRO WORLD NEWS

Leymah Gbowee

- **Age.** 40
- **Family.** Six children
- **Background.** Trauma counsellor; counselled warlord Charles Taylor's former child soldiers. Founded women's movement that helped end Liberia's civil war through protests and sex strikes.
- **In the news.** Founder and director of Women Peace and Security Network Africa. Won the Nobel Peace Prize last year. President Charles Taylor, whom Gbowee helped defeat, has just been convicted for war crimes by the Special Court for Sierra Leone in The Hague.

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EI changes

Mexico wants to expand temporary workers in Canada

Mexico wants to increase its foreign workforce in Canada, despite the Conservative government's new employment insurance rules that aim to fill vacant jobs with unemployed Canadians instead.

Mexican Foreign Secretary Patricia Espinosa pressed for the expansion of the temporary-workers program to sectors other than agriculture during a visit Wednesday to Ottawa. THE CANADIAN PRESS

Retail

FGL Sports plans five-year expansion

Canadian Tire-owned FGL Sports plans an "aggressive" expansion of its most popular banners over the next five years while closing more than 100 underperforming stores operating under various names.

The closures affect 115 corporate stores under such banners as Sport Mart, Athletes World and Nevada Bob's Golf. THE CANADIAN PRESS

Market Minute

DOLLAR 97.16¢ US (-0.6¢)

TSX 11,433.22 (-176.08)

OIL $87.82 US (-$2.94)

GOLD $1,564.60 US (+$14.70)

Natural gas: $2.46 US (-2.2¢)
Dow Jones: 12,419.86 (-160.83)

Three people on the floor of the New York Stock Exchange display their BlackBerry smartphones on Wednesday. Research In Motion Ltd., the maker of the BlackBerry, is in a free fall. The company, once the crown jewel of the Canadian technology industry, is now worth one per cent of Apple's market capitalization. RICHARD DREW/THE ASSOCIATED PRESS

RIM shares in steep decline

Research In Motion. Analysts take gloomy view of BlackBerry maker following forecast of loss, layoffs

A fresh batch of takeover speculation greeted BlackBerry-maker Research In Motion on Wednesday as analysts weighed in on the company's projected operating loss in the current quarter and its prospects for survival.

Shares of the Waterloo, Ont.-based company tumbled another 6.5 per cent, inching toward becoming a single-digit stock, after a statement from RIM late Tuesday said it hired two outside firms to advise on its troubled business and financial performance.

RIM was down 82 cents to close at $10.66 on the Toronto Stock Exchange.

Chief executive Thorsten Heins said competition is affecting sales of RIM smartphones, and that it would respond by reining in costs and cutting staff by unspecified numbers throughout the rest of the year.

But analysts are concerned about the speed at which RIM is reeling in expectations ahead of the rollout of the new BlackBerry 10 operating system later this year.

Some analysts have also factored in RIM's dated inventory and restrained sales outlook, and responded by pulling back expectations. THE CANADIAN PRESS

Quoted

"While buying this stock is like going to the casino, RIM does have over $4 per share of cash and intellectual property with a book value of about $6 per share. If you're feeling lucky, this stock might be worth a dice roll under $10 per share."

National Bank analyst Kris Thompson in a note titled RIM Blows Up in Q1, Recovery Unlikely, saying he considers the company up for sale.

Partners. PepsiCo, Twitter launching music campaign

PepsiCo Inc. is lifting the curtain on its music partnership with Twitter, saying it plans to offer free downloadable songs on its Twitter page starting Wednesday and streaming video of live concerts this summer.

The No. 2 soda company says the first "pop-up" concert will be in late June. Followers will be able to influence aspects of the concert, such as the set list, by tweeting the names of songs they want played. Pepsi is staying mum on which artists it has lined up for the concerts. But the Purchase, N.Y., company has recently partnered with pop stars Nicki Minaj and Katy Perry in its marketing campaigns.

Live for Now

The partnership with Twitter is part of Pepsi's broader Live for Now campaign, which is using music to revive the brand's image and help win back market share from Coca-Cola Co.

A free downloadable song from Amazon.com's MP3 store will be selected based on a weekly video update. Pepsi followers need to include a Pepsi hashtag in a tweet to get the song. THE ASSOCIATED PRESS

CP Rail. Back-to-work bill speeds through Commons

Back-to-work legislation designed to end a CP Rail strike and get freight moving likely won't pass in the Senate until Thursday at the earliest, despite its overnight passage in the House of Commons.

MPs voted just before 1:30 a.m. Wednesday to pass Bill C-39, ordering 4,800 Canadian Pacific engineers and conductors back to work after a week-long strike.

Labour Minister Lisa Raitt said the labour dispute must end quickly because of the toll it's taking on the economy. The Harper government used its majority to force the legislation through the House of Commons in a single day.

Labour Minister Lisa Raitt THE CANADIAN PRESS

Even before the Senate began sitting Wednesday, the Conservative Senate leader was accusing the Liberal minority of obstructing Bill C-39's passage. THE CANADIAN PRESS

SKEPTICS, ASSEMBLE!

HE SAYS...
John Mazerolle
metronews.ca/hesays

Don't tell anyone, but I'm in a band of superheroes. It's not easy. But with great powers come great responsibilities, so we struggle onward.

You see, I'm a Skeptic. And we are shunned and misunderstood.

I am ... Captain Incredulous! Defender of critical thought, wielder of common sense, saving the world from the Bible Thumper, Flim-Flam! and Dr. Alternative.

To enemies, "Skeptic" translates to closed-minded jerk who wouldn't recognize his spirit guide if it bit him on his chakra.

But we just want evidence. If you claim that God will help me find my apartment keys, or that my aura is the colour of Doritos, then I want questions answered. First and foremost: Do you bang your head often getting into cars?

Sorry. Captain Incredulous takes that back. I'm a poor spokesperson for the Skeptic Squad, as I have the same sense of restraint and tact as a U.S. presidential campaign.

This is my life, my curse. I must confront believers who say, "I feel sorry for you" and work with friends unaware of my secret identity as they compare star signs. The only "knocking on wood" I do is the repeated head-to-desk motion. It's the only way I keep from getting angry. Don't make me angry. You wouldn't like me angry.

Many of you are aligned against me. But maybe you'll understand if you gaze upon some of my exciting adventures:

Captain Incredulous No. 1: The Family!

Trapped for two decades inside a nuclear family that forces him to church every Sunday, our hero discovers his powers when he turns on his captors and says: "Isn't it wrong of me to consume the body of your Lord when to me it's only ice-cream wafer?" Even the Mummy, with her powers of lay ministry, cannot deflect the logic blast. A new hero joins the Skeptic Squad!

DAVID VAN DYKE PHOTO ILLUSTRATION

Captain Incredulous No. 7: Magnet Man!

Our hero suffers his first defeat when he meets Magnet Man, bearer of the Magnetic Bracelet. Hearing Magnet Man discuss the bracelet's powers with a bartender, Captain Incredulous forgets his logical weapons and instead blurts out, "Why don't you wear bunny ears?! It would have the same effect!" Captain Incredulous, met with stares and silence, slinks back to his corner of the Beer Cave.

Captain Incredulous No. 21: The Mayor!

The good captain is listening to radio transmissions when he hears his political leader, Toronto Mayor Rob Ford, say, "I like astrology, folks. I follow the stars." Fighting off the overpowering urge to curl up into a ball and die, Captain Incredulous remembers the earlier lesson not to let his emotions defeat him. He decides it's nice that the mayor and many of the lefties who hate him have common ground to work from. I may host a summit.

But until then, what adventures await?

All I know for sure is that the skeptic's life is a difficult one, fraught with awkward family barbecues. It's thankless, but we have an unrelenting belief in mankind: That it will get sillier by the day. No doubt about it.

This jelly's par for the course

GETTY IMAGES

Rooftop-patio golf

Just don't snack after putting

The roof of Selfridge's department store in London has become a jelly-themed golf course thanks to food architects Bompas & Parr. Ahead of the Queen's Jubilee, the nine-hole course features iconic British landmarks including Tower Bridge and Big Ben, all with an edible frosting. METRO

Urban oasis

"Adults find it hard to justify going to a theme park. We want to help people find pleasure in the city."

Sam Bompas, food architect.
Selfridge's has a long history of hedonism. In the 1930s the roof featured a golf course, pleasure garden and café. More recently, Bompas & Parr created a green boating lake there last year.

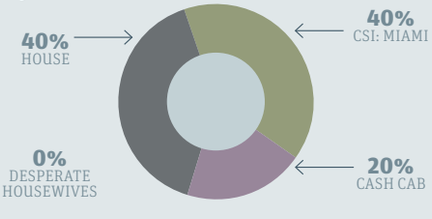
Bompas & Parr

- **Gasp!** One of the duo's first projects was a breathable cocktail made by vaporizing 600 litres of gin and tonic.
- **Rowing on punch:** In 2009, they flooded an 18th-century townhouse with 2,500 litres of Courvoisier punch and had their guests row across.
- **Chocolate climb:** The last creation was a series of climbing walls made out of chocolate.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which show ending its long run in 2012 will you miss the most?



Twitter

@garretwoynarski: I met Linda and Cory of @WestJetFest doing inventory in their hotel parking lot! #smallworld #yqr

@RyanDeschamps: Okay - I blitz my newsfeed. Looking for good blogs about #yqr, public policy, data and community development. Help?

@kjbriere: Anyone in #yqr know if Skara restaurant is still open?

@BLGBusiness: @RMCMosaic - And now to preplan my pavilion sightseeing route, factoring in entertainment, food, and parking! #yqr #yqrfood

@AliveRegina: TOMORROW | LIVE MUSIC | @TheStrumbellas | May 31 at The Exchange | TAP for more-> http://t.co/InaCnDwL #yqr

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2
SCENE

Kaleidocycle opens tonight and runs until June 9. HANDOUT

The world's a kaleidoscope for Kaleidocycle creator

Spiritual journey.
Woman turns bizarre experience into theatrical production involving dance, acting and clowning

BACKSTAGE PASS
PAUL BOGDAN
regina@metronews.ca

When Metro sat down with Chrystene Ells, writer/director/co-producer of the Globe Theatre's final production in the Shumiatcher Sandbox series, Kaleidocycle, she made it clear that "it's a theatrical show, but I wouldn't call it a play," she says.

Ells said Kaleidocycle is "a very dynamic physical performance with some really amazing local performers" involving "lots of acrobatics, clowning, dance, and acting too."

Although, this isn't the interesting part of Kaleidocycle.

Ells based the production from a strange personal experience she had roughly two years ago while at an art opening here in Regina.

Even two years later, Ells said she "never (has) quite returned to the way (she) perceives things before that happened."

"I was at the Mysteria gallery at an art opening and started feeling strange when I was suddenly ejected out of my body to the top of my head, floating above the crowd and looking down on people.

I was looking down from above, but at the same time I was in my body walking towards the exit trying to get some fresh air.

"Shortly after that, I had what looked to others as some kind of seizure," said Ells.

Ells describes the next six months as a blissful spiritual journey, where her vision would become "kaleidoscopic, everything was fractured, sparkling, and incredibly intense.

"It was like being on mushrooms or something."

However, with this came the loss of her conception of time.

Ells says she was "completely stuck in the present moment," which she found to be "a really weird experience, but incredibly liberating."

"Life seemed surreal. I couldn't really understand linear time anymore. I couldn't think in terms of what I needed to do tomorrow or even in the next hour," said Ells.

A more basic function that Ells also lost was her ability to speak, something Ells still feels isn't back to baseline.

"I lost the ability to speak coherently for about six months. I really lost a lot of my facility with language ... my verbal language hasn't really come back to where it was, and neither has my ability to operate in linear time to the degree I could before," said Ells.

Equally as confused and fascinated as Ells were the medical professionals who examined her. Ells felt she never received a satisfactory answer.

"There was nothing definitive that they came up with. There were no strokes, tumours, no indication of epilepsy, blood levels were fine, no diabetes, nothing," said Ells.

Ells examines the incident, the doctors she saw, and the rest of her experience in Kaleidocycle, which opens tonight and runs until June 9.

Christian Slater to shoot film in Regina

A Regina film company says actor Christian Slater will star in its new science-fiction thriller Stranded.

Officials with Minds Eye Entertainment say the movie is about a mysterious infection that contaminates a space station in the not too distant future. Filming begins July 3 at the Canada Saskatchewan Production Studios in Regina.

Stranded will be directed by Roger Christian, director of the John Travolta movie Battlefield Earth. Roger Christian is also a former production designer who was nominated for an Oscar for Alien and won an Academy Award for set direction on the original Star Wars.

Christian Slater has acted in dozens of television and film roles since the early 1980s, including hits such as Robin Hood, Prince of Thieves and Interview with a Vampire.

Minds Eye producer Kevin DeWalt said it is fortunate that Stranded was in place before the Saskatchewan government decided to cancel its Film Employment Tax Credit.

"It has been difficult raising financing for movies to be shot in Saskatchewan in the shadow of the current uncertainty surrounding the availability of local filming incentives in Saskatchewan past June 30, 2012," he said in a news release.

"We're fortunate for this one that the wheels were in motion long before this decision came down. Unfortunately on a go-forward basis, this lack of stability and support from the government is chasing away our investors on future projects shot in Saskatchewan."

THE CANADIAN PRESS

Christian Slater is set to star in the new sci-fi film Stranded. Filming begins on July 3. GETTY IMAGES

Scene in brief

Shaw won't pick up Talackova reality show

Shaw Media is stepping back from comments suggesting it plans to air a reality show about transgender beauty queen Jenna Talackova. Programming boss Barbara Williams said Wednesday morning the broadcaster had picked up a reality show about the leggy Vancouver blond. But later in the afternoon, a Shaw spokeswoman said Williams "misinterpreted" a reporter's question and that such a show "is not part of Lifetime's channel lineup and has not been commissioned by the network." Talackova made headlines around the world when she was initially prohibited from competing in the Miss Universe Canada pageant because she was born a man. Pageant boss Donald Trump ultimately allowed Talackova to compete in the Toronto pageant earlier this month, where she was cut after making the top 12.

THE CANADIAN PRESS

On the web

Men in Black 3 is in the black with $69.3M debut weekend; Avengers adds $47.2M

Blake doesn't need anybody's 'approval'

Blake Lively is getting ready to say goodbye to Gossip Girl, the show that made her a star.

"I think the best way to describe it is like someone who really enjoyed high school, and it's like I'm a senior and I can't wait for the next thing," she tells Bullett magazine. "As an actor who plays a caricature of myself on the show, I don't think I'd say, 'Watch Gossip Girl for my best quality of work.' But I am very lucky to have had that experience."

But shouldn't Lively be worried about how her coworkers might take her remarks, especially with work starting on the show's final season this summer?

"I'm not in the business of trying to win the approval of my cast members, my director or my audience," she insists.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moves like Adam Levine

MONICA WEYMOUTH
scene@metronews.ca

Adam Levine is a curious creature. Since Maroon 5 started seeping its comfortable radio rock through the airwaves 10 years ago, the seemingly unremarkable frontman and Voice judge has dated his way through intellectual A-listers (Natalie Portman), fluffy pop princesses (Jessica Simpson, circa a very respectable 2006) and Victoria's Secret bombshells (Anne Vyalitsyna).

Is he cute and talented in a non-threatening way? Sure. But we have a feeling his sparkling dating resumé is a result of professional-grade smooth talking, which he whipped out in a new interview with Details magazine.

"There's two kinds of men: There are men who are f—g misogynist pigs, and then there are men who just really love women, who think they're the most amazing people in the world. And that's me," Levine tells the magazine.

But he's a rock star, so he's not perfect, of course. As for sleeping around, he muses, "Maybe the reason I was promiscuous, and wanted to sleep with a lot of them, is that I love them so much."

Laugh all you want, but when was the last time you turned off the bubblegum noise that is Moves Like Jagger? Adam Levine is in our heads, ladies.

Prince Harry. ALL PHOTOS GETTY IMAGES

Prince Harry has a job opening

When Prince William sat down with Katie Couric for an interview, he said what recently married Royals in line for the throne are supposed to say: "I'm just very keen to have a family, and both Catherine and I are looking forward to having a family in the future."

But more surprising is what younger brother Harry shared.

"I've longed for kids since I was very, very young," said the prince with a reputation for looking hungover on the polo field. "And so I'm just waiting to find the right person, someone who's willing to take on the job."

Harry, we'd like to introduce you to America, where hot girls are willing to let Donald Trump touch them.

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3 LIFE

Fashion Flash

Oh C-Ann-ada!

Ann Taylor is heading north of the border as the retail chain opens its first international locations outside the U.S. The New-York-based retailer announced on Thursday it will open two locations in Toronto this fall. With 274 stores across the U.S., the company says its expansion into Canada marks the first step in growing the brand's global presence. "We are pleased by the strong awareness Ann Taylor already enjoys in Canada and look forward to offering our Canadian customers great fashion, quality and value in a new, exciting and aspirational shopping environment," brand president Brian Lynch said in a release. Michelle Obama, Angelina Jolie and Canada's Rachel McAdams are among the famous faces who have been seen sporting items from the brand.

THE CANADIAN PRESS

On the Web

Designers in 1st Soweto Fashion Week inspired by South African township's creativity, history

Iris van Herpen: The queen of sculpture

The future of fashion. Metro chats with up-and-coming style star Iris van Herpen about designing, fame and going Gaga

FEDERICO GEREMEI
Metro World News in Italy

She's shy, she doesn't say much, but she does know what she's doing. We meet Iris van Herpen — a 27-year-old Dutch fashion designer — at the IED (Istituto Europeo di Design) in Rome.

Thanks to her organic and visionary creations, she's quickly risen to fame amongst international talents. Iris' hand-made 3D "sculpture-like" dresses can be found in top museums all over the world.

Not bad for a girl who once had a dream of becoming a ballet dancer.

You're labeled "the architect of fashion", who's your inspiration?

I've never heard anyone refer to me using that expression. Indeed, architecture is a source of inspiration for me, but I am first of all a fashion designer. I work a lot with Isaie Bloch (a Belgian architect who focuses on 3D printing), there's a great synergy between us.

What does fashion represent for you?

Fashion expresses my own identity. It's a mix of my tastes, mood and cultural background.

You've worked with Viktor & Rolf and Alexander McQueen, your icon. Any lessons learned?

I learned to be patient when working, I also learned a lot from his staff, having worked with them on a daily basis.

Floating down the runway

"I do not plan much but I keep fantasizing about a zero gravity fashion show."
Iris van Herpen
Fashion designer

Designer Iris van Herpen, left, and a model walk the catwalk at the Iris van Herpen Show during Mercedes-Benz Fashion Week Berlin Spring/Summer 2012 GARETH CATTERMOLE/GETTY IMAGES

You've come up with creations for Lady Gaga's and Bjork's performances. What do you think about them?

They're not just singers, they're total artists — two amazing performers. Yet, they are so different.

What do you like about Lady Gaga?

I love that she's completely unpredictable.

And Bjork?

It's hard to express in words but Bjork's music and her way of communicating touches me deep inside.

What do they love about your work?

When I work on a new creation, I focus on finding and conceiving a specific personal identity, something that belongs to the person who is going to wear it. We all have our own individual personality, nothing is fixed nor immutable. Performers such as Lady Gaga and Bjork also rely on dresses – such as the designs that I produce – in order to express all aspects of their personality to the audience."

You are only 27, but you're already incredibly successful. How do you cope with all this at your age?

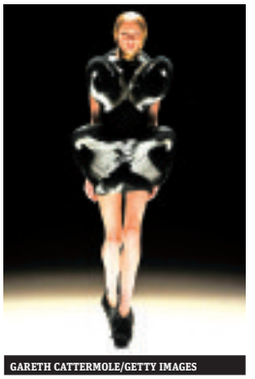
Everything goes so fast and I am trying to live it all day by day.

Have you always had a clear mind-set, in terms of your goals and ambitions for the future?

No, when I was a kid I wanted to be a ballet dancer. Dance inspired me for a while but at some time – I can't recall when it happened – fashion became my greatest passion.

Any projects in the pipeline?

I do not plan much but I keep fantasizing about a zero gravity fashion show.



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Lady Gaga in Iris Van Herpen.
RYAN PIERSE/GETTY IMAGES

'Adding art to your garden is an extension of your identity'

A touch of whimsy. Found objects and fairies complement your plants and give your backyard a little magic

I feel like Alice in Wonderland. Sprinting past an alligator drinking a soda pop and a T-Rex playing guitar, I lean toward a family of colourful metal toadstools that come to my knee.

"Aren't those great?" asks Jim Honold as he ushers me through a forest of recycled oil drum statues at his Home & Garden Art store.

I've come to this Disneyland for gardeners seeking inspiration for easy ways to add whimsy to gardens, and Honold is giving me the rundown.

"Adding art to your garden is an extension of your identity," he says as we brush past a murder of concrete crows. "You decorate the inside, why not the outside? Any personality, any hobby, can be represented — classical, funky, seasonal — you name it."

A fun owl sculpture is ideal for the garden CEDAR BURNETT/THE ASSOCIATED PRESS

Looking around, it appears he's right. There's the giant metal umbrella coat-stand for a classy infusion of humour; a multitude of hobby-inspired birdhouses; four-foot metal lobsters for fishing enthusiasts with no attachment to subtlety; and an old tricycle planter box aimed at the nostalgic set. Everywhere, whimsy abounds.

But how do you actually start adding lawn art to an outdoor living space?

"Instead of throwing stuff in the attic or garage, put it out in the open," Honold says.

Lawn art

"There's no right or wrong way to do it. Gardens are so personal — you can use them to express yourself in any way."

Landscape designer Nick McCullough, based in New Albany, Ohio

He suggests displaying old garden tools, metal toys, or wine glasses and decanters. Chipped plates can find new life in concrete stepping stones, and wooden kid-size furniture always adds a nice touch. "Focus on what's readily available or representative of your area," Honold adds.

"Coastal areas might have fishing nets and glass floats, and places close to rural communities will have farm equipment." In Washington state, he says, "people bring us old saws and ask us to laser-cut their name or address on them." THE ASSOCIATED PRESS

Start with the unexpected

For a big splash, Honold recommends an artistic gate.

- **Set the tone.** Whether installing custom wrought-iron doors with elaborate scenes on them or simply taking a can of bright red paint to a basic home-store model, gates can reflect personality of the house.
- **Welcome.** "Think about all the things a gate can say," Honold says. If the message you're trying to send is "we're magical," find ways to add fairy elements to your garden. For kids and anyone with more than a passing fancy for Harry Potter, there's nothing quite as charming as coming across traces of pixies in the yard.

A garden fairy house adds a touch of supernatural to this space. SALLY J. SMITH/GREENSPIRIT ARTS/THE ASSOCIATED PRESS

Grow flowers, not aches and pains

Before you dig. The right tools and some light stretching can stop you from throwing out your back

Lugging bags of potting soil, turning compacted flower beds and pulling hard-to-reach weeds offer plenty of exercise, but when these tasks are done incorrectly they can result in stiff and sore joints along with muscle, neck and back pain.

Chiropractors and other specialists who treat people for aches and pains often see a surge in business after the weekends from people who try to get all their gardening done in one go.

"I equate it to the weekend warriors because as soon as you get the nice weather, you see all the flowers everywhere and you go, 'I'm, just going to do it all at once,' which is not the right way to go about it," said Dr. Natalia Lishchyna, president of the Ontario Chiropractic Association.

"Within about a three-week period, from Victoria Day until about mid-June when everybody is getting all their flowers in and gardening done, that's typically the time where you hear about their aches and pains," said Lishchyna, who runs a chiropractic clinic in Oakville, west of Toronto.

The association's public awareness program, called Plant and Rake Without the Ache, was launched because chiropractors were seeing so many patients with aching backs from gardening.

The most common injuries are back strains from lifting and reaching and repetitive strain injuries in the wrist and in the elbow because of the planting action.

Before starting yard work, Lishchyna recommends warming up. "I like to walk around the neighbourhood for 10 to 15 minutes, a brisk walk around. I get inspired by the flowers, the trees and the bushes so that gives me a nice warmup and then I'll come home and do the stretches," she said in a telephone interview.

Don't 'just do it'

"We do want people to consider it a form of exercise and it's a great form of exercise, but you've got to pace yourself to prevent the stiffness, soreness and injuries that can typically happen when you're not doing it right."

Dr. Natalia Lishchyna, president of the Ontario Chiropractic Association

The legs, back, shoulders, arms and wrists are used the most in gardening. Exercises with diagrams can be found on the Ontario Chiropractic Association website, chiropractic.on.ca.

"As people are doing yard work we want them to take breaks, reasonably three an hour," Lishchyna recommended. "Just to get up to stretch, go get a drink, sit down for a moment, enjoy what you've done so far and then get back to your work," THE CANADIAN PRESS

Plant safe

Here's a few tips to protect your body when gardening

- **Buy.** Look for ergonomically designed tools with padded handles to cushion hands and prevent the need for a tight grip.
- **Alternate tasks.** "Till a bit of soil, then start with planting, then come back to the turning over of the soil... If you've got a big garden and you try to turn over all the soil at once, this is where you really start to strain yourself."

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Pick up a hammer or pack up a moving box?

Just how rooted are you? New show Reno vs. Relocate explores difficult dilemma faced by homeowners

Real estate agent Vanessa Roman, right, and designer Robin Lewis try to help bewildered homeowners find solutions in Reno vs. Relocate. The show premiered Monday on HGTV. NATHAN DENETTE/THE CANADIAN PRESS

The dream of home ownership can go awry as time moves on when a house that once was a perfect fit suddenly falls short of meeting your evolving needs.

Whether coping with increasingly cramped quarters as families expand or simply tiring of dwelling in outdated surroundings, many homeowners grow keen to scratch the itch to shape up their property or ship out.

So should you stay or should you go? Designer Robin Lewis and real estate agent Vanessa Roman seek to help befuddled homeowners find the solution in Reno vs. Relocate, which premiered Monday at 9 p.m. ET on HGTV.

"The first thing that we do is take an assessment of exactly what it is that they need in the space, how the space functions, but more importantly, how it's not functioning for them," Lewis said in a recent interview.

Homeowners are able to see a graphic simulation of a renovated home from Lewis, while Roman offers a tour of a new home better equipped to meet their needs. After seeing both options, a choice is made to either opt for a makeover or move.

One of the debut episodes features Sarah and Marc with a tiny kitchen and constant congestion on their home's main floor, coupled with limited work space. After eight years in the home, and now with two kids, Marc is ready for more spacious surroundings closer to his office. Sarah favours going the reno route, preferring to stay closer to friends, school and her work. The couple is willing to shell out $40,000 for a potential renovation or $600,000 for a new home.

In a hot, expensive market, it may not be possible to afford to remain in your current neighbourhood in a bigger property or to move to a better area, said Roman. In that case, renovation becomes your lone option.

However, in markets where housing is more affordable, it's very easy to pick up and move versus staying and undergoing a massive reno, she noted.

"Renovations are fantastic, especially because people these days really are trying to find a home — not just a shell to live in," said Roman. "They want to stay in the same property because they develop a network of friends in the neighbourhood, their children are going to school, they have amenities that are close by.

For those primed for a new property, Roman said the old adage of "location, location, location" still holds firm as the No. 1 consideration. But she also encourages homeowners to imagine how the property will be amenable to their needs in the short and longer terms.

"Robin and I could buy a house together and 1,100 square feet is great. Six children later? A little small. And you don't necessarily want to move."

While weighing up the decision to renovate, Lewis said the parameters of your budget should set the course of action — and you shouldn't deviate from it. He also suggests itemizing a top-down to-do list.

Whether you're sprucing up a home for sale or staying put, Lewis and Roman say there are simple, affordable ways to make changes.

Both agree paint is a quick, cost-efficient option, but Lewis cautions against splashing any old colour on the wall.

"When you're considering how to paint a room, people look at the paint colours in isolation, by themselves. Look at what's going to be in that room," he said.

"Look at what's going to be outside the window, look at how you're going to want to use that room, how you want it to feel, and then make the decision on the paint from there." That includes factoring in furniture and other complementary colours in palette, he added.

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Iconic dress to tabletop classic

Statement pieces.
Fashion gives inspiration for a new keepsake china pattern

DESIGN CENTRE
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Every year, hundreds of new tabletop trends make a splash when the doors at 41 Madison Avenue are thrown open for New York City's Tabletop Week.

This special week allows design trade, store buyers and the media to scour this trade-only building that houses the best of the best and everything to do with tabletop and entertaining products.

Hundreds of manufacturers host parties and events to entice the trade into their fantasy land of table fashion showrooms. Some of the tabletop trends shown are short-lived (remember black octangular glass dishes from the '80s and over-glazed pottery from the '70s?). Only a few live on to become tabletop classics.

One of the most elegant introductions this season was from the manufacturer Waterford, who has employed Monique Lhuillier (fashion designer to Hollywood icons like Katie Holmes and Angelina Jolie) to design a tabletop collection reminiscent of a dress she designed called Sunday Rose.

What sets Lhuillier's collection apart from other fashion designers that create collections for the tabletop is that she draws her inspiration from classic elements of her designs and not the trend elements that could be short-lived on a dinner table.

Her tabletop collection called Sunday Rose (after her iconic dress) is positioned to be a classic for years to come as it incorporates clean lines and modern etchings mixed with the tradition of white china and platinum roses.

Could this replace Royal Albert's Old Country Roses (a bestseller for over 30 years) as a long-time classic china pattern? I think entertaining and fashion critiques alike would agree they'd be happy to dine with Sunday Rose for a very long time.

Soft platinum roses drawn on white china will be a tabletop tradition for years to come. Monique Lhuillier's Sunday Rose, $155/five-piece setting WATERFORDWEDGWOOD.CA

Presentation is everything

"There are no rules in putting a beautiful table together or mixing metals these days. I am a big believer that food presented well makes for a more joyous event."
Fashion designer Monique Lhuillier

Lhuillier's Sunday Rose dress inspired her entire tabletop collection. MONIQUELHUILLIER.COM

From bridal to table

A chat with Monique Lhuillier

The Sunday Rose Collection was inspired by one of your iconic dress designs; what inspired the dress?
My bridal collections celebrate romance and femininity with a modern twist.... I took my inspiration from a classic rose flower. I cut silk organza fabric and formed abstract flowers to create a bed of roses effect in the skirt. The textures felt so lush and beautiful and the dress was a runaway success.

What accent colour would you team with your classic white/platinum china collection?
I would accentuate it with blush pink; it's the colour of the moment. I would infuse the blush colour in an accent plate, add blush pink peonies to the floral centrepiece and a add blush linen napkin....Voilà! Colour!

With the popularity of gold tones emerging in home decor would it be wrong to mix gold and silver accents together?
I would add gold accents on flatware and the table decor like salt and pepper accents, place card holders... There are no rules in putting a beautiful table together or mixing metals these days. I am a big believer that food presented well makes for a more joyous event.

Fashion and product designer Monique Lhuillier. CONTRIBUTED

Do fitted sheets have you in a bit of a twist?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Last month, a reader of my column asked me for advice about how to avoid getting laundry stuck within her fitted sheets in the dryer.

To be honest, I really didn't know the answer to the question, so in my column I asked the question to my readers and got back some wonderful suggestions that I would like to share with you.

1. Christine wrote what I thought at first was the most obvious answer. "Dry the sheets separately from your clothing. I don't wash and dry my clothes and bed sheets together."

This makes total sense to me and this is the method I use at home. Just for fun, this was the most popular answer!

2. Bev from Toronto wrote, "Try safety pinning the corners together and then the subsequent four sides, to make a sort of balloon shape. This still allows the sheet to dry, but avoids the annoying problem. Of course large safety pins will be needed, which are available in some dollar stores and most sewing notions outlets."

I love this idea as well, but still think this is too much work and would much rather option #1.

3. Patsy wrote what I think is a truly fabulous suggestion, "If you include small item clothes such as socks and briefs, put them in a mesh laundry bag."

This is such a great idea; I think I am going to put this as a footnote for our laundry class at the Charles MacPherson Academy for Butlers and Household Managers!

Finally I spoke with Bonnie Aprile who is the executive housekeeping teacher at our butler school. She said that sheets and clothing should never be washed and/or dried together as their different sizes and fabric weights dry at different rates.

Thus the rule of thumb is like fabrics and like clothing size should be dried together, so that you do not over/under dry particular pieces.

HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Dryer games: socks and underwear often like to hide in your fitted sheets. ISTOCK

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There's more to pomegranates than health drinks and fancy cocktails

Are you over the pomegranate trend yet?

If so, you might want to revisit it once more. This time it's pomegranate molasses, a thick, syrupy concentrate that is sweet and tart and as delicious as it sounds.

If you take the unsweetened juice and boil it down until it is thick and syrupy, you have pomegranate molasses, a popular flavouring in Middle Eastern cooking. Pomegranate molasses once was unheard of outside of ethnic markets, but today can be found in the international aisle of most larger grocers.

And if you can't find it, it's easy enough to make. Buy a bottle of pomegranate juice (or juice concentrate), then boil it until it has reduced and become thick.

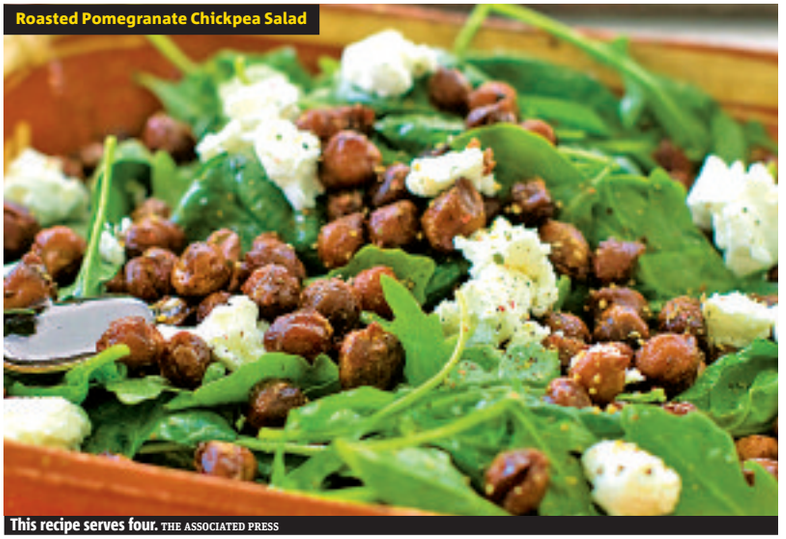
The thick, deep-red syrup has an intensely sweet-tart flavour that pairs surprisingly well with savoury dishes, especially grilled meats. Pomegranate molasses and walnuts are a classic flavouring for poultry.

Opened bottles can be refrigerated for long periods. But it's not likely to sit around for long. You don't need to love Middle Eastern food to love what pomegranate molasses can do for the foods you already love.

Ingredients

- 3 tbsp pomegranate molasses
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 15-oz cans chickpeas, drained
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Ground black pepper
- 4 cups arugula
- 2 cups baby spinach
- Kosher salt
- 4-oz log soft goat cheese

Roasted Pomegranate Chickpea Salad



This recipe serves four. THE ASSOCIATED PRESS

1. Heat the oven to 450 F. Line a rimmed baking sheet with parchment paper.

2. In a medium bowl, whisk together the pomegranate molasses, garlic powder, salt and pepper. Add the drained chickpeas and toss to coat evenly. Arrange the chickpeas in an even layer on the prepared baking sheet. Roast for 15 minutes, or until the chickpeas are dried and starting to get crunchy. Remove the chickpeas from the oven and set aside to cool.

3. Meanwhile, in a large bowl whisk together olive oil and lemon juice. Season with pepper, then add the arugula and spinach. Toss to coat.

4. Divide the greens between four serving plates, then sprinkle each with kosher salt. Divide the chickpeas between the salads, then top with crumbled goat cheese.

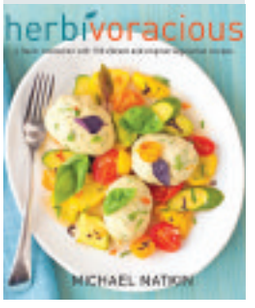
THE ASSOCIATED PRESS

Book review

Recipes for the savvy herbivore

Michael Natkin's Herbivoracious and its 150 recipes usher in a new generation of meatless cooking. With 80 colour photos, Natkin illustrates how vegetarian food can be intensely flavoured in a way that will appeal to readers with a sophisticated and adventurous global palate.

The author provides advice on how to craft vegetarian meals that deliver nutrients and complementary flavours. Among the recipes are: Portobello and Summer Squash Lasagna, Jamaican Rice and Peas, and Chocolate Chunk Bread Pudding. METRO



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Rhubarb gets decadent with dulce de leche

Ingredients

- 30 ml (2 tbsp) graham wafer crumbs
- 90 ml (6 tbsp) prepared dulce de leche or caramel sauce
- 500 ml (2 cups) softened vanilla ice cream
- 625 ml (2 1/2 cups) chopped fresh rhubarb (cut in pieces)
- 1 apple
- 90 ml (6 tbsp) liquid honey
- 2 ml (1/2 tsp) vanilla

Rhubarb Apple Ice Cream Cakes

This recipe serves six. THE CANADIAN PRESS

Dulce de leche, a thick, caramel-like spread, is popular in South American desserts. These individual ice-cream cakes incorporate dulce de leche and are topped with honey-coated roasted rhubarb and apples. For extra decadence, drizzle with additional warmed dulce de leche.

1. Line 6 muffin cups with paper liners. Spoon 2 ml (1/2 tsp) of the crumbs, then 7 ml (1 1/2 tsp) of the dulce de leche into each cup. Spoon in ice cream, packing lightly; smooth tops. Spread remaining dulce de leche on top; sprinkle with remaining crumbs. Cover and freeze until firm, about two hours or for up to two days.

2. Sauce: In a shallow 2-litre (8-cup) glass baking dish, combine rhubarb, apple and honey; bake in a 190 C (375 F) oven for 25 minutes or until apples are tender. Add vanilla with a potato masher, crushing fruit. Let cool until warm or cover and refrigerate until cold.

3. To serve, divide half of the sauce among individual dishes. Remove liners from ice cream cakes and place ice cream on sauce. Spoon remaining sauce over top.

THE CANADIAN PRESS

NHL

Lidstrom to announce if he'll retire or return

Nicklas Lidstrom has made a decision about his future.

The 42-year-old Lidstrom will announce Thursday whether he's retiring or returning to play a 21st season with the Detroit Red Wings.

The four-time Stanley Cup champion and seven-time Norris Trophy winner put retirement on hold in each of the previous two years by signing one-year contracts and answering questions from reporters on a conference call. This time, he's holding a news conference at Joe Louis Arena.

THE ASSOCIATED PRESS

Nicklas Lidstrom
GETTY IMAGES FILE

NFL

NFL decides to keep Pro Bowl

After a promise from players that the game will be more competitive, the NFL will hold the Pro Bowl in Honolulu next Jan. 27, a week before the Super Bowl.

Commissioner Roger Goodell had made it clear cancelling the all-star game was a possibility after the uninspired play of this year's 59-41 AFC victory. Following discussions between the league and the players' union, the NFL announced Wednesday that Aloha Stadium would host the Pro Bowl for the third straight year. THE ASSOCIATED PRESS

Los Angeles' Anze Kopitar scores the game-winning goal on Martin Brodeur Wednesday night in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

Kopitar keeps Kings on road to Stanley

NHL. Talented forward gives Los Angeles 1-0 lead in championship final over New Jersey

Anze Kopitar scored 8:13 into overtime as the Los Angeles Kings defeated the New Jersey Devils 2-1 to open the Stanley Cup final on Wednesday night.

Justin Williams found Kopitar with a backh

and pass from his own blue-line and the Kings star raced in alone, deking Martin Brodeur before slipping it over him.

Los Angeles, the eighth seed in the West, is now 9-0 on the road in the playoffs.

Game 1

Kings	Devils
2	1

The Kings are also 3-0 in overtime in these playoffs. The Devils are 4-2.

In a tight game without much offence from either side, New Jersey's attack disappeared for long stretches before a sold-out crowd of 17,625.

The Devils had five shots in the first period and just four in the second, but still managed to pull even at 1-1 late in the second period on a deflection off a Kings defenceman.

Los Angeles outshot New Jersey 22-16 in regulation.

For all the talk of Jonathan Quick as the Kings' uber-stopper in goal, New Jersey made it easy for him for long stretches. He was there when needed, however.

Brodeur was also sharp in a third period that eventually opened up. Colin Fraser scored in the first for Los Angeles.

Anton Volchenkov replied in the second for the Devils.

Teams winning Game 1 of the final have gone on to win the cup in 55 of 72 seasons (76 per cent) since the league went to the best-of-seven format in 1939.

Boston bucked that trend last season, however.

Game 2 goes Saturday in New Jersey.

It marked the 24th overtime game of the 2012 playoffs and the first Game 1 of the final to go to overtime since 2002, when the visiting Carolina Hurricanes defeated the Detroit Red Wings 3-2.

The game opened to a sea of red-clad fans waving white towels in the Prudential Center stands.

But it proved to be a less colourful start on the ice, with both teams looking to nip the other's offence in the bud.

The first shot of the game took more than three minutes for the Kings to record, after a poor defensive pass behind the Devils net led to a giveaway. THE CANADIAN PRESS

Bettman says NHL labour talks to start soon

NHL commissioner Gary Bettman at a news conference Wednesday in Newark, N.J. KATHY WILLENS/THE ASSOCIATED PRESS

Commissioner Gary Bettman says the NHL is close to beginning labour talks with the NHL Players' Association.

"The goal obviously is to reach a collective bargaining agreement that can take the game and the business to even higher levels than have been reached over the past seven seasons," Bettman told a news conference Wednesday evening.

"I understand the union is now prepared to begin talks and we are in the process of trying to set up dates," he added. "It remains my hope that constructive negotiations can begin soon and culminate quickly so that attention can remain where it belongs and where everybody wants it to remain — and that is on the game."

Bettman said he expects "in the next few weeks" they will begin to "set the table of what we each might want to be talking about."

Revenue and attendance

Bettman said the league garnered a record $3.3 billion US in revenue and played to some 21.5-million fans during the regular season.

He dismissed speculation that the talks may not prevent a labour dispute — noting the process hasn't even started yet.

Bettman also said he believes the league's department of player safety, headed by Brendan Shanahan, "does appear to be working."

While not citing exact figures, the commissioner says the league experienced a "modest decline" in concussions during the 2011-12 regular season and playoffs.

"The first time in three years that this figure has declined," he said.

THE CANADIAN PRESS

4 SPORTS

NBA

Hornets win NBA draft lottery

The New Orleans Hornets, recently sold by the NBA to Saints owner Tom Benson, have won the NBA's draft lottery and the No. 1 pick overall. The Hornets, after a difficult season in which they traded all-star Chris Paul, have a shot to add another superstar, with Kentucky freshman Anthony Davis considered the best player available. The Hornets moved up from the fourth spot, where they had a 13.7 per cent chance, to earn the pick. The Charlotte Bobcats, after the worst season in NBA history, fell to the No. 2 pick. Washington will pick third and Cleveland fell one spot to fourth. The Toronto Raptors will pick eighth.

THE CANADIAN PRESS

On the web

The European Championship gets underway next week and UEFA officials are trumpeting it as "a true celebration of football in a festive environment." But there's still a troubling undercurrent of human-rights issues in host countries Poland and Ukraine. Scan the code for the story.

CFL looks back at Grey Cup and 'where it all began'

CFL. League pays tribute to big game's beginnings ahead of 100th showdown

Members the University of Toronto football team pose in replica uniforms at the site of the 1909 Grey Cup on Wednesday. KEITH BEATY/TORSTAR NEWS SERVICE

In 180 days the 100th Grey Cup will be held in Toronto, and the CFL paid tribute Wednesday to the game that became a national event.

The first Grey Cup was played at Toronto's Rosedale Field, and it was remembered with a plaque honouring the 1909 game between the University of Toronto and the Parkdale Canoe Club.

"The Grey Cup is synonymous with Canadian culture and unity, and this is where it all began," CFL commissioner Mark Cohon said.

"Just as Canada has come so very far as a country, the Grey Cup has grown into something bigger than sport. It's a symbol of our ability to come together to celebrate who, and what, we are as Canadians."

Lord Earl Grey, Governor General of Canada, donated the trophy to the U of T after they beat the Parkdale Canoe Club 26-6, in what was then known as the Dominion Championship of Canadian Amateur Rugby Football.

The 1909 game was attended by 3,807 fans.

The 2012 game in Toronto on Nov. 25 is all but sold out and Grey Cup chair and Argos CEO Chris Rudge has said previously that 80,000 tickets could have been sold had there been that many seats at Rogers Centre.

TORSTAR NEWS SERVICE

Getting to 100

The Grey Cup wasn't held for three years during the First World War, which is why this year marks the 100th game.

Tennis. Canada's Wozniak sets up clash with top-seeded Azarenka

Canadian Aleksandra Wozniak defeated China's Zheng Jie 6-2, 6-4 Wednesday to reach the third round of the French Open.

The Blainville, Que., native will face top-seeded Victoria Azarenka in the next round.

Wozniak dominated in a near-flawless first set and overcame a lapse while leading by a break in the second. That miscue was partly caused by a long injury timeout taken by the No. 34-ranked Zheng with Wozniak leading 3-2.

The pause left Wozniak to practise her serve on the court while a doctor and trainer spent at least 10 minutes examining and patching a heel blister on Zheng's left foot.

Aleksandra Wozniak in Paris on Wednesday. GETTY IMAGES

Wozniak managed to get her concentration back when play resumed despite exchanging breaks with her opponent.

"I'm content with this win," said Wozniak. "But the injury time was very long. You cool off a bit when that happens. After she was treated she still moved well, so it was not an easy win.

The Canadian won her last match against Azarenka — albeit at the junior level.

"It will be important to come out and only focus on my own game," said Wozniak. "I can't let her game or anything else bother me. I have to focus on each point and mix it up."

THE CANADIAN PRESS

Venus out of tourney

Venus Williams followed little sister Serena out of the French Open. The elder Williams lost to Agnieszka Radwanska 6-2, 6-3 Wednesday in the second round. THE ASSOCIATED PRESS

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 11, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

Clemens' defence turns to former Jays catcher

Roger Clemens' former catcher with the Toronto Blue Jays testified Wednesday that he had seen vitamin B12 "shots lined up ready to go" for players, a claim also made by Clemens and for which he was charged with obstructing Congress.

Clemens is charged with obstruction of Congress, perjury and making false statements for denying to Congress in 2008 that he ever used steroids or human growth hormone. The obstruction count contains 13 allegedly false statements, including Clemens' assertion in his congressional deposition that "four or five needles" of vitamin B12 would be "already lined up ready to go" in the trainers' room after games. The U.S. government maintains that Clemens concocted the B12 account as a cover for steroid injections.

During the trial, prosecutors have asked several government witnesses associated with major-league teams whether they've ever seen B12 shots lined up, and all of them have said no. But on Thursday, the first full day of defence witnesses, former catcher Charlie O'Brien replied "Yes, sir" when defence lawyer Rusty Hardin posed that question.

O'Brien, who played with Clemens in 1997, also testified that the secret to the pitcher's longevity was a split-fingered fastball. That was testimony designed to counter the government's theory that Clemens was able to pitch into his mid-40s because of performance-enhancing drugs.

Like other defence witnesses, the former catcher also praised Clemens' work ethic, which defence lawyers have also been stressing as an explanation for his success. O'Brien recalled seeing Clemens working on his fielding at 7 a.m. on the first day of spring training. Clemens joined the Blue Jays at age 34 after the Boston Red Sox did not re-sign him following the 1996 season. Boston's general manager, Dan Duquette, said at the time that Clemens was in the "twilight" of his career. Clemens won the Cy Young Award the next two seasons in Toronto and continued his pitching career until 2007. THE ASSOCIATED PRESS

Roger Clemens, centre, and his legal team arrive at federal court in Washington on Wednesday. SUSAN WALSH/THE ASSOCIATED PRESS

Quoted

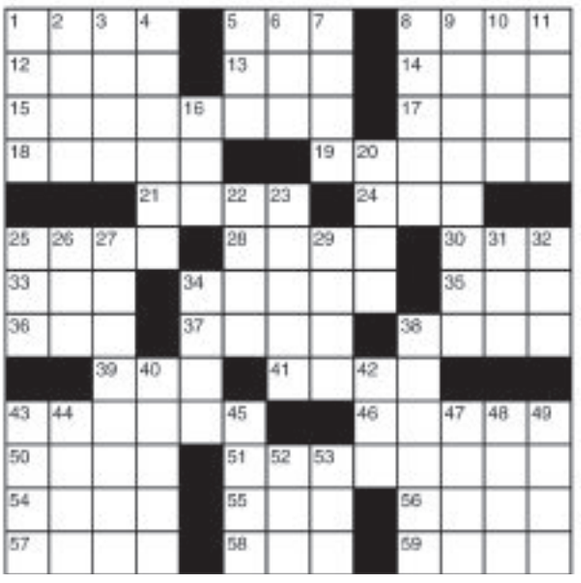
"I've yet to see anybody work like Roger Clemens."

Clemens' former Texas high school teammate and defence witness Todd Howey

Crossword

Across
1 Related
5 Copper head?
8 Daytime TV entry
12 Last few notes
13 Trigger's rider
14 Data
15 Battling at close range
17 Infamous lyrist
18 Most of Iberia
19 Hippocratic oath reciter
21 Seductress
24 Zodiac sign
25 Ocean motion
28 Baseball nickname
30 Sphere
33 Historic time
34 Smiles
35 Ultramodernist
36 Susan of "L.A. Law"
37 Ice-skating leap
38 Group of quail
39 Pinnacle
41 Unit of force
43 Sandpiper's cousin
46 Match
50 Take on cargo
51 Queued in a way
54 Muscat's land
55 Perfume-label word
56 Actress Dunaway
57 Methods
58 Turn blue?
59 Pal of Kukla and Ollie

Down
1 Gospels' follow-up
2 Former surgeon general
3 Notion
4 Indigenous
5 Illustrations
6 Greet the villain
7 Kept tabs on
8 From then on
9 Pairing off uniquely
10 Hairstyle
11 Indigent
16 — budget
20 Automaker Ransom Eli
22 "You Bet Your Life" host
23 Got nosy
25 Williams or Koppel
26 Anger
27 Ordinary
29 Sans siblings
31 Gun the engine
32 Tarzan's son
34 Yawn
38 Ask to be excused
40 They take the cake
42 Singer Cole
43 Farm implement
44 Tibetan monk
45 Sax player's need
47 Caboose's location
48 One-name New Age singer
49 Paradise
52 Aye canceler
53 Payable



Sudoku

6					3		2	
			7	4			5	
	8		6					7
	9	5		3				
1			4		6			9
				1		2	4	
7					8		1	
	3			7	1			
	2		3					6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	6	8	4	3	2	7	9	1
2	7	9	5	8	1	4	3	6
4	1	3	8	7	9	6	5	2
9	5	4	2	6	7	8	1	3
6	2	7	1	5	3	9	4	8
8	3	1	9	4	6	5	2	7
7	9	6	3	1	4	2	8	5
3	4	5	6	2	8	1	7	9
1	8	2	7	9	5	3	6	4

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

MA OI. ALCBV BWZMBWB DL XWZLOW V QWD EMULD. M FRWII PLR OMFJD IVP IJW'B XW V EUVCW QVCW.

Yesterday's Cryptoquip: SINCE I WAS LEGALLY ORDERED TO KEEP DRY, I AM TAKING PART IN A WETNESS PROTECTION PROGRAM.

Today's Cryptoquip Clue: I equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 22°/8° Thundershowers 40%
Friday 22°/12° Sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. Someone you meet on your travels will tell you something interesting. It may sound a bit harsh but you know the truth when you hear it, so listen, learn and then act.

Taurus | April 21 - May 21. What happens today will awaken your sense of injustice and compel you to take action.

Gemini | May 22 - June 20. Don't worry about other people's feelings: if you have something to say then you must come out with it right away.

Cancer | June 21 - July 22. Sometimes conflict is inevitable and that is the way of things now.

Leo | July 23 - Aug. 22. With mind planet Mercury strongly aspected you won't doubt for a moment that you are doing the right thing.

Virgo | Aug. 23 - Sept. 22. You won't be shy about letting the world know what you think today.

Libra | Sept. 23 - Oct. 22. Cosmic activity in one of the more dynamic areas of your chart, which endows you with no small amount of courage, so don't sit there and take criticism that isn't warranted – go on the offensive.

Scorpio | Oct. 23 - Nov. 21. If you want something done you can, of course, do it yourself, but you can just as easily persuade others to do the work for you.

Sagittarius | Nov. 22 - Dec. 21. Trust your instincts today and follow them wherever they might lead.

Capricorn | Dec. 22 - Jan 20. It's all about attitude: if you believe you can reach your goal you will find a way.

Aquarius | Jan. 21 - Feb 18. The best way to avoid trouble is to think before you act – but how likely is that when you feel so adventurous?

Pisces | Feb. 19 - March 20. You may not take kindly to others telling you how to do things but if you are smart you will listen.

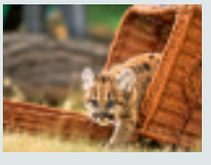
SALLY BROMPTON

Caption Contest

"This is the hardest game of Simon says ever."
Sameer

ERMINO ARMINO/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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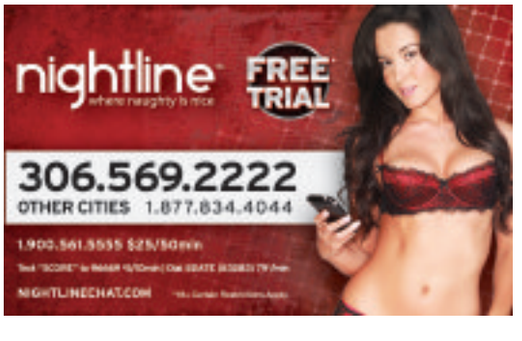

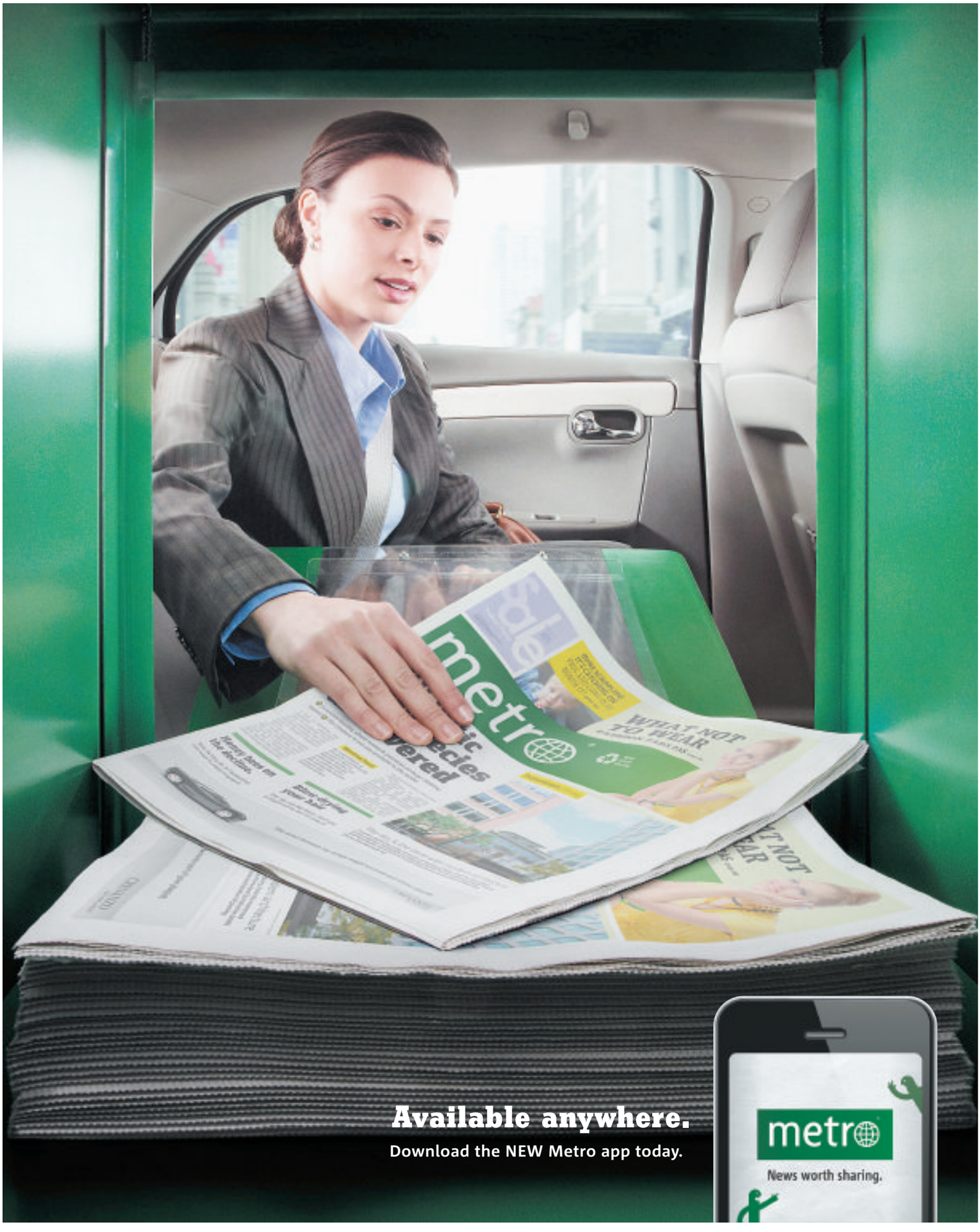
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